Annual Report

OF THE

Nova Scotia

Alcoholism Research Foundation

1964

QUEEN'S PRINTER

1965

THE HONOURABLE RICHARD A. DONAHOE, LL.B., Q.C.,

Minister of Public Health.

Sir:

I beg to offer herewith the Report of the Alcoholism Research Foundation for the year 1964.

Respectfully submitted,

ARTHUR KELSALL,

Chairman.

101-05151/

To His Honour,

THE HONOURABLE H. P. MacKEEN, C.D., Q.C.,
Lieutenant Governor of Nova Scotia.

Sir:

I beg to present herewith the report of the Nova Scotia Alcoholism Research Foundation.

I have the honour to be

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,
Minister of Public Health.

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION

1964

MEMBERS:

Arthur Kelsall, B.S.A., F.C.I.C., F.A.I.C., D.C.L.,
Annapolis Royal - - - - Chairman

M. Grace Wambolt, B.A., LL.B., Q.C.,
Halifax - - - - - Vice-Chairman

Austin Churchill, Esq., Yarmouth

Angus Norman MacDonald, B.A., Glace Bay

Raymond H. MacFarlane, B.A., B.D., Wolfville

Mrs. John W. MacLeod, R.N., New Glasgow

Clyde S. Marshall, M.D., C.M., Halifax

Perry Ronayne, Esq., Dartmouth

Harold L. Scammell, M.D., C.M., Halifax

Bruce H. Wallace, B.A., R.O., Halifax

STAFF MEMBERS:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax - - - - Executive Director

Hugh M. Scott, Amherst - - Field Representative

Diana M. Rudolph, Halifax - - - - Secretary

Henry B. Ross, B.Sc., M.D., C.M., F.A.A.P.,
Halifax - - - Medical Counsellor (Part-time)

Madeline E. O'Sullivan (Mrs.),
Halifax - - - - Counsellor, (Part-time)

James H. Brown, M.B., Ch.B., D.P.M., M.R.C.P.,
Halifax - - - - Consultant in Psychiatry

Harold L Scammell, M.D., C.M.,
Halifax - - - - Consultant in Alcoholism

MEDICAL ADVISORY COMMITTEE

Robert C. Dickson, O.B.E., M.D., F.R.C.P., F.A.C.P., Halifax

F. Murray Fraser, M.D., C.M., Halifax

Robert O. Jones, B.Sc., M.D., C.M., F.A.P.A., Halifax

The Nova Scotia Alcoholism Research Foundation has functioned throughout the year 1964 with a full complement of ten members as designated by Statute, with all members duly re-appointed for a subsequent twelve month period.

During the year the broad program of the Foundation, as outlined in the Act, has been carefully developed and extended along the lines of research, education, treatment and rehabilitation.

RESEARCH

An extra-mural research project in the Department of Psychology at Dalhousie University has now been completed under the direction of Doctor H. D. Beach, Professor of Clinical Psychology. This study was entitled "The Effects of Alcohol on Anxiety and Conflict in Humans" and the results will be published by the authors in the near future.

The Foundation is prepared to sponsor further research projects in fields associated with the problem of alcoholism and Nova Scotia universities have been notified of this provision in our program.

EDUCATION

The educational efforts of the Foundation have been directed toward the community, industry, and special groups, including professional persons both in training and in the field who would be expected to frequently encounter those members of society experiencing problems with alcoholism.

Community and Industry

The Field Program of the Nova Scotia Alcoholism Research Foundation was initiated this year after much careful planning.

Applications for the position of Field Representative were received from several well-qualified individuals. A special committee of Foundation members screened the applicants and Hugh M. Scott of Amherst was selected by the Foundation to fill the position.

The Field Representative began employment in June, 1964. Following a visit to the National Council on Alcoholism offices in New York, he attended the 1964 Summer School of Alcohol Studies at Rutgers State University in New Jersey during July.

In August it was recommended that a province-wide survey of attitudes be instituted. The purpose of this survey would be to learn of our possible resources and our problems regarding the setting up of Community Committees. It was believed also that a healthy interest in the problem of alcoholism could be aroused at the community level and that from this interest our Community Committees would grow. This interest would be simultaneously stimulated by a series of talks given at the level of Service Clubs and other public-minded groups. Furthermore, this survey could provide a base on which to judge our future progress.

In September this survey was initiated and is still in progress. Its completion might be expected by June, 1965. To date it has revealed that the alcoholism problem varies from one community to another, but it does exist in all.

Attitudes towards the alcoholic and alcoholism as well as knowledge concerning them also show great variance. The survey points to the fact that much time and effort must be expended on a field program which hopes to create an awareness and knowledge of alcoholism within the community.

As a result of talks given at a number of Service Clubs and other community-minded groups, an interest has already been shown by several citizens, including some having responsible positions in industry.

It is expected that within the coming year Community Committees might be set up in areas proved most feasible by our survey for early organization. These Committees should begin as study groups to learn about the disease of alcoholism and to analyze their own community alcoholism problems. Eventually, through a local program planned in co-operation with the Foundation, these Community Committees would direct their efforts toward these local problems of false attitudes, excessive or dependent drinking customs and inadequate treatment facilities.

Through the field program the problem of alcoholism within industry will be studied further and we shall endeavour to set up a co-operative program with those industries who may recognize and accept alcoholism as a problem.

Special Groups

An increasing number of requests for lectures has been received from groups who are directly concerned with the problem of alcoholism or whose fields of work bring them in closer contact with the alcoholic than most of the general public. All such requests have been filled by staff members and we firmly believe that this enhanced interest and desire for information on the part of such groups is most encouraging.

The Executive Director participated in a Course for Department of Transport Supervisory Personnel, a conference for Motor Vehicle Inspectors and Examiners for the Province of Nova Scotia, a panel discussion for the Halifax Ministerial Association, and the Clinical Pastoral Course at the Nova Scotia Hospital, sponsored by the Institute of Pastoral Training. He has delivered lectures to post-graduate nursing classes at Dalhousie University, to Sociology students at Saint Mary's University, and to students at the Holy Heart Seminary. Talks have also been given to various social agencies, temperance organizations and Al-anon Family Groups. Doctor Snow has been invited on several occasions to attend meetings of Alcoholics Anonymous Groups in the Halifax area and to attend clinical conferences and seminars at local hospital departments.

The Field Representative participated in a conference for Provincial Welfare Officers at Bridgewater and in a seminar at Antigonish sponsored by the Community Welfare Council. He has also spoken at various Alcoholics Anonymous meetings in centers throughout the Province.

TREATMENT AND REHABILITATION

The Out-Patient Pilot Clinic has been in operation for the past year and has met with an encouraging response from persons suffering from alcoholism. We have been able to obtain sufficient qualified staff to permit development of this treatment center as required. The Foundation decided that part-time personnel could be utilized quite efficiently and economically for this purpose with the Executive Director serving as Clinic Physician and Counsellor in addition to his administrative responsibilities.

Mrs. Madeline E. O'Sullivan began duties as part-time Counsellor at the Clinic in June. She has had extensive experience during the past several years in working with families of alcoholics and in assisting persons having alcohol problems. Her work at our Out-Patient Clinic has been of great benefit to many patients and their families.

Doctor Henry B. Ross, a practicing physician in the City of Halifax, has had experience in the medical management of alcoholism and assumed part-time duties as Medical Counsellor in the Clinic in July. This additional professional assistance has been a valuable asset to the out-patient program in the Pilot Clinic.

Doctor H. L. Scammell provided some counselling services to the Clinic during the early months of its operation and was later reclassified as Consultant in Alcoholism for the Foundation. In this way the Clinic staff will have an opportunity to utilize Doctor Scammell's experience and advice on case management through staff conferences and consultation on treatment problems.

The Clinic required the services of a specialist in the field of Psychiatry in order to carry out psychiatric assessment of patients in need of such examination on recommendation of the Clinic staff. Since the demand for this type of service was not sufficient to justify a part-time appointment, negotiations were carried out to have Doctor James H. Brown available on a fee-for-service basis to see such patients in consultation and advise the Clinic Physician regarding their specific treatment requirements. This arrangement has proven satisfactory and this limited service has been sufficient for our present case load.

During the first year of operation of the Out-Patient Pilot Clinic in Halifax, 88 patients have been registered for treatment. The breakdown of this group according to sex and source of referral is shown in Table I. The chief sources of referral to date have been the Nova Scotia Hospital and Alcoholics Anonymous, together accounting for 62 percent of our cases. It is expected that the other sources of referral will be further developed as our program of community, industrial and professional education expands.

TABLE I

Patients Registered	88	
Male	75	(85%)
Female	13	(15%)
Source of Referral		
Nova Scotia Hospital	27	
Alcoholics Anonymous	27	
Self, Family and Friends	10	
General Hospitals, Other Clinics	7	
Social Agencies	5	

Clinic Patients	5
Civil Service and Industry	3
Physicians	3
Clergy	1

Patients registering at the Clinic have a comprehensive treatment approach available, including physical examination, laboratory investigation, medical management, social assessment, psychiatric consultation, individual counselling and group sessions. The individual counselling over an extended period of time is considered to be the backbone of the treatment program but the specific approach must be adapted to the needs of each individual person seeking help.

After treatment has been initiated, patients are encouraged to attend group sessions held in the evenings at the Clinic. At these sessions lectures and films are presented and general discussions are held. This aspect of the program serves a dual purpose of educating the patients on the subject of alcoholism and permitting them to develop a beneficial feeling of being part of a larger group of persons having common problems in the maintenance of sobriety and in rehabilitation from this illness.

During the year the Clinic staff conducted a total of 727 personal interviews. The breakdown of this case load is given in Table II along with figures for Group Session attendance.

TABLE II

Interviews at the Clinic

Interviews with patients	637
Interviews with patients' families	68
Miscellaneous Interviews	22
Total	727

Group Sessions

Number of Sessions	17
Total Attendance	154
Average Attendance	9

When attitudes of the general public, industry and professional groups improve as a result of our educational program, it is hoped that efforts in the field of rehabilitation will be facilitated.

Concomitantly with the development of our clinical program, a good working relationship with the Alcoholism Unit at the Nova Scotia Hospital has been established. In January, 1964, the Executive Director, Doctor J. Murray Snow, was appointed Consultant in Alcoholism at the Nova Scotia Hospital and subsequently weekly visits were made to that institution for the purpose of interviewing patients and pointing out the need for long-term follow up. This approach was successful in introducing patients from the Halifax area to the Pilot Clinic, if they wished to attend on a voluntary, out-patient basis following discharge from the Hospital.

By arrangement with members of the treatment staff of the Nova Scotia Hospital, Doctor Snow has participated since August in the educational lecture program being conducted for alcoholic patients by means of lectures, audio-visual presentations and discussions. The Figures in Table III give an indication of the extent of participation of the Executive Director of the Alcoholism Research Foundation in the alcoholism program at the Nova Scotia Hospital.

TABLE III

Visits to Nova Scotia Hospital

Number of Visits	39
Interviews with patients	140
Number of Lectures	15
Total Attendance at Lectures	428
Average Atetndance at Lectures	28

It is our impression that this participation in the Hospital treatment program has been advantageous to both the Hospital and the Foundation. Although an objective assessment of results is highly difficult at this time, it is hoped that patients suffering from this disease have benefited appreciably and it is anticipated that our co-operative working arrangement will be continued.

Doctor Snow attended the Annual Medical Refresher Course sponsored by the Post-Graduate Division of the Faculty of Medicine of Dalhousie University in November and maintains liaison with practicing members of the medical profession.

As recommended in the Annual Report for 1963, a Medical Advisory Committee was appointed consisting of three leading members of the medical profession not otherwise associated with the Foundation. These included Doctor Robert C. Dickson, Professor of Medicine at Dalhousie University and Head of the Department of

Medicine of the Victoria General Hospital; Doctor F. Murray Fraser, Past-President of the College of General Practice of Canada; and Doctor Robert O. Jones, Professor of Psychiatry at Dalhousie University, and Head of the Department of Psychiatry of the Victoria General Hospital. These men provide a well-informed and interested body to whom appropriate matters may be referred by the Foundation for action in an advisory capacity.

Library

The Foundation has continued the acquisition of books and periodicals on the subject of alcoholism for use by staff members and for loan to interested individuals on request.

An adequate assortment of pamphlet material has been obtained from various sources including the Addiction Research Foundation of Ontario and the National Council on Alcoholism. Specific pamphlets are available for distribution to appropriate groups including patients and families, industry, social workers, nurses, doctors and medical students, and clergy.

During the year, 1,643 pieces of literature were distributed in this manner.

The Foundation is presently in the process of preparing pamphlet material describing the program being conducted in this Province.

A start has been made on a film library and films are being acquired for use in all phases of the educational program of the Foundation.

The Nova Scotia Alcoholism Research Foundation has maintained a continued interest in the development of the Canadian Foundation of Alcoholism. Doctor H. L. Scammell and Miss M. Grace Wambolt have been named as our representatives on this body and Doctor J. M. Snow is a member of the program committee.

The Foundation has also maintained program membership in the North American Association of Alcoholism Programs.

The Nova Scotia Alcoholism Research Foundation anticipates further growth of the aspects of its program now in operation and plans development of a broader program along envisaged lines.